

Site: Ashoka University				Catering By: ICS Foods			
BREAKFAST							
DATE	30-Oct-17	31-Oct-17	1-Nov-17	2-Nov-17	3-Nov-17	4-Nov-17	5-Nov-17
DAY	Mon	Tue	Wed	Thu	Fri	Sat	Sun
FRUIT	Sweet Lime/Banana	Papaya/Banana	Water melon/Banana	Pears/Banana	Sarda/Banana	Mix Fruit/Banana	Papaya/Banana
Cereal	Flavoured Flakes/Porridge	Chocos/Porridge	Flavoured Flakes /Porridge	Chocos /Porridge	Flavoured Flakes /Porridge	Chocos /Porridge	Flavoured Flakes /Porridge
Egg Preperation	Boiled Egg	Cheese Omelette	French Toast	N/A	Masala Omelette	Boiled Egg	Akuri
Indian Bfast	Poha	Idli/Vada/Sambar	Suji Upma	Aloo Pyaaz Prantha	Pav/Bhaji	Grill Chesse Mayo S/W	Kulcha / Matter
Choice of milk	Hot/Cold	Hot/Cold	Hot/Cold	Hot/Cold	Hot/Cold	Hot/Cold	Hot/Cold
Accompaniment	Coconut Chutney	Coconut Chutney	Tomato Chutney	Pickle	Chopped Onion	Tomato Ketchup	Chopped Onion Green Chilli
Hot beverage	Tea /Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam	Bread/Butter/Jam
LUNCH							
Raita/Soup	Roohafza	Boondi Raita	Khas Sharbat	Butter Milk	Cucumber and Onion Raita	Orange Crush	Pineapple Raita
SALAD	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Composite Salad	Crispy Noodles Salad	Greek Yogurt Salad	Tabulleh Salad	Beetroot salad	Sirka Onion	Ceaser Salad	Gratted Raw Papaya Salad
DAL	Rajma Masala	Black Dal	Triveni Dal	Dal Haryali	Kadhi Pakora	Black Channa	Dal Makhani
Healthy / Conti	Roasted Eggplant with garlic and herbs	Veg in Hot Garlic Sauce	Penne Pasta In Pesto Sauce	Mangolian Veg	Paneer Jodhpuri	Veg au Gratin	Keema matter
DRY VEG	Mutter Mushroom	Achari Veg	Mutter Paneer	Arbi Ajwaini	Aloo Jeera	Subz Meloni	Veg Kofta Curry
NON VEG	N/A	N/A	Madras Chicken Curry	N/A	Chicken Biryani	N/A	N/A
RICE	Steam rice	Plain Rice	Jeera Fried Rice	Plain Rice	Steam Rice	Onion Pulao	Plain Rice
ROTI	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati	Chapati
SWEET	Fruit Custard	Paysum		Chocolate Mousse		Ice Cream	Coconut Burfi
SNACKS							
Snack	Stuffed Bun	Samosa	Tofu Roll	Sprouts & Corn Masala	Sweet Potato Chaat	Oats Muffin	Tofu Roll
Accompaniment	Tomato Ketchup	Mint & Saunth Chutney	Tomato Ketchup	Chat Masala	Mint & Saunth Chutney	Tomato Ketchup	Mint Chutney
Tea/Coffee	Tea/Cold Coffee	Tea/ Cold Coffee	tea /Lemon Water	Ice Tea/Coffee	Tea/Coffee	Tea/Thandai	Tea/Coffee
DINNER							
Raita/Soup	Masala Chaas	Ginger Garlic Noodle Soup	Tomato Rasam	Cream of Mushroom Soup	Lemon Water	Hot & Saur Soup	Aam Panna
SALAD	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Composite Salad	Brocolli and Lettuce Salad	Cucumber Sesame Salad	Bruschetta Pasta Salad	Aloo Chana Chaat	Macroni Salad	Kachumber Salad	Carrot Peanut Salad
DAL	Channa Dal	Cholle Amritsari	Lobhiya Dal	Mix Dal	Yellow Dal Tadka	Dal Pakwan	Red Malka
GRAVY VEG	Aloo Tamatar	Veg Spaghetti	Soya Matar Masala	Methi Gutta Curry	Chole Amritsari	Aloo Gobhi Adraki	Palak Paneer
DRY VEG	Sev Tomatri	Bhindi Kurkuri	Undhiyo	Aloo Pyaaz Bhaja	Andhra Veg Curry	Palak Corn	Mix Veg
NON VEG	N/A	N/A	N/A	Egg Curry	N/A	N/A	Fish Curry
RICE	Peas Pulao	Bellpepper Rice	Plain Rice	Motiya Pulao	Steam Rice	Herbs Rice	Plain Rice
ROTI	Chapatti	Roti	Ghiya Thepla	Malabar Parantha	Roti	Chapatti	Chapatti
SWEET			Pastry		Besan Laddoo		~